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NEWS
WORTH
SHARING.

Search for Reita Jordan continues

Police focused on Ten Mile Lake area over weekend but failed to find remains **PAGE 3**

World braces as Mandela's health worsens

Anti-apartheid leader reported to be in critical condition Sunday **PAGE 6**

Woman calls for an end to 'revenge porn'

Victim backs draft bill after her ex posted a nude video of her online **PAGE 7**

1+1 = A WHOLE LOTTA WINNING FOR BLUE JAYS

TEAM TIES FRANCHISE RECORD WITH ELEVENTH STRAIGHT WIN AFTER SUNDAY'S GAME AGAINST ORIOLES



SPREADING SOME CULTURE

Members of Cabaret Serpentine perform on the final day of the Multicultural Festival on Sunday afternoon. The annual festival celebrates food, music and dance of various cultures of the world.

JEFF HARPER/METRO

Maritimers lend a helping ear

Alberta flood victims. Local Canadian Red Cross volunteers gathering information thousands of kilometres away

When families and friends call the Canadian Red Cross to find out if their loved ones in Alberta are all right, they'll hear a Maritime voice on the end of the line.

Sixty volunteers in Dartmouth, Saint John, N.B., and Moncton, N.B., have been taking information from those affected by the flooding in Calgary and other towns to create a registry for busy Red Cross workers thousands of kilometres away.

How to help

You can donate to Alberta Flood Response at redcross.ca or by calling 1-800-418-1111.

"It's really a way to get a handle on ... whether they're in shelter or if they've gone to stay with family," said Dan Bedell, Atlantic spokesperson for the Canadian Red Cross.

"There's no need for our disaster teams in Alberta to be occupied with that," Bedell said. "That can be done from anywhere."

Bedell said since Friday, the Red Cross centre in Burnside alone has received over 500 phone calls from people either updating their whereabouts or making sure friends are accounted for.

He said volunteers have been operating in shifts of about 15 people at once, three times a day.

So far, Atlantic Canada has sent five volunteers to Alberta (four from Newfoundland and Labrador and one from P.E.I.) to help manage things hands-on.

Bedell said the public can specify "Alberta flood response" on Red Cross donations.

"We're not looking for material things, it's much more

Calgary

Flood shocks Nova Scotian

Emily Burt knew the level in Calgary's Bow River had dropped when she noticed a tree sticking above the water line that hadn't been there the day before.

Burt, originally from Bridgewater and now living in the city's west end, is in a dry area of Calgary untouched by severe flooding that "shut off" most of the city. "I live on a pretty busy avenue ... and it's just dead quiet now," Burt said on Sunday. **METRO**

flexible for us to have funding to respond to the needs immediately in the area."

HALEY RYAN/METRO

For more on the flooding in Alberta, see page 6.

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Man arrested at scene

Mother, daughters injured by alleged drunk driver

The RCMP have charged a 57-year-old Halifax man with being drunk behind the wheel after a mother and her two young daughters were hurt in an alleged impaired-driving accident.

Police say the woman was waiting to turn left on Bell Street in Lake Echo on Saturday night, when her Ford Ranger was hit from behind by a Buick Regal, causing extensive damage to both vehicles.

The 57-year-old man was arrested at the scene for impaired driving. Police say he had a blood-alcohol level more than three times the legal limit.

The mother and her two daughters, aged three and five, were taken to hospital with non-life-threatening injuries. **METRO**

No arrests yet

Masked man steals watch, stabs teen: Police

Police say someone wearing a mask stabbed an 18-year-old male in the abdomen in the backyard of a home in Timberlea early Sunday morning.

The victim, police say, was in the backyard of a home on Governors Lake Road when he was confronted by an unknown person wearing a mask.

The teen was stabbed after the masked man stole his watch, police say. The masked man fled the scene and the victim was taken to hospital with non-life-threatening injuries. **METRO**



Paul Trevor Calnen of Hammonds Plains leaves Halifax provincial court last Tuesday after being charged with second-degree murder in the missing-person's case of Reita Jordan. JEFF HARPER/METRO

Search continues over weekend for missing woman's remains

Reita Jordan.

Ten Mile Lake area focal point on Saturday and Sunday



PHILIP CROUCHER
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The search continued Sunday for the remains of a Halifax woman that police believe was murdered.

On Saturday, divers and search crews on all-terrain vehicles combed Ten Mile Lake off Pleasant Valley Road in the Musquodoboit area looking for

Reita Jordan, but found nothing.

On Sunday, police were back in the area, this time using cadaver dogs in hopes of tracking down the 34-year-old woman's remains.

"Nothing was found," RCMP spokesman Sgt. Al LeBlanc said of Sunday's search, which ended at about 2 p.m.

It's been almost a daily search for Jordan's remains since police arrested and charged a Hammonds Plains man with second-degree murder in her disappearance last week.

Paul Trevor Calnen was arrested in relation to Jordan's disappearance in Halifax on

Ongoing effort



Sgt. Al LeBlanc on trying to find the remains of Reita Jordan, pictured.

"Obviously the search will continue."

RCMP spokesman

Monday afternoon, and the next day was charged with murdering her.

On Wednesday, officers spent seven hours searching through a house the two shared in Hammonds Plains.

Jordan, who was dating Calnen, was last seen March 19 in

Halifax by friends. The 34-year-old was reported missing later that month and hasn't been seen or heard from since.

Police said they were concerned because Jordan hadn't been active on any social media since her disappearance.

"We are still asking anyone with information about this case to please contact Halifax police," LeBlanc said Sunday.

Besides second-degree murder, Calnen is also charged with indignity to human remains related to Jordan's disappearance.

He is remanded to the Central Nova Correctional Facility in Burnside until his next court appearance on July 22.

WITH FILES FROM THE CANADIAN PRESS

1 NEWS

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Thanks to tips. Halifax man arrested, charged for recent bomb threat

Halifax police have charged a 42-year-old Halifax man in relation to a bomb threat two weeks ago that referenced the Boston Marathon attack.

Edward Louis Shea is facing charges of hoax regarding terrorist activity, uttering threats, and four counts of breaching court orders.

On June 7, at 7:45 p.m., a man called 911 and made threats that something similar to the Boston bombing would happen in Halifax. Police traced the call to a payphone at the corner of Spring Garden Road and South Park Street, but a search of the area failed to locate anyone.

Officers contacted several charity events in the city and told them of the threats. As a result, the organizers of the Relay for Life and the Arthritis Walk made the decision to cancel.

Police received several tips from citizens after releasing the



The phone booth in Halifax where police say the call came from. METRO

911 recording of the call, which resulted in the identification of a suspect.

The suspect was found after police went to Mount Saint Vincent University at 2 p.m. Thursday for an unwanted person call.

A security officer was trying to remove a man from the grounds when he said he was the one responsible for the June 7 bomb threat. **HALEY RYAN/METRO**

\$15.2M. Lotto win starting to sink in for Kentville's five newest millionaires

Representatives of Atlantic Lotto were at the Snack Shack diner to have Kentville's newest millionaires fill out prize claim forms.

Wafaa Toulany, who owns the Kentville diner with her husband Sam, was celebrating winning a reported \$15.2 million for last Wednesday's Lotto 6/49 draw, along with four of her nine employees: Stephanie Dunham, Valerie Archer, Joanne Gillis and Mary Rhynold.

"I still haven't got my head around it," Dunham said Fri-

Wealth distribution

\$3.04M

The share of the Lotto 6/49 draw each of the five women will receive.

day as she signed the paperwork.

The Steam Mill woman, who has worked at the Snack Shack for two years, said she wants to buy a restaurant of her own with her newfound wealth. **KENTVILLE REGISTER**

Near Timberlea

RV fire causes Hwy. 103 closure, crash

An RV fire briefly shut down Highway 103 near Halifax on Saturday afternoon. RCMP say the blaze broke out between Exits 3 and 4 near Timberlea.

Sgt. Al LeBlanc says the highway has reopened and the cause of the fire is under investigation. No one was injured.

Shortly after, a crash happened near the site of the fire. LeBlanc couldn't say if there were any injuries. **THE CANADIAN PRESS**

Truro

Truck pinned by RCMP after chase

A 43-year-old man has been charged with impaired driving after a brief police pursuit. RCMP in Truro say they received a report of a truck driving erratically on Truro Heights Road around 10 p.m. Friday.

The Mounties say officers tried to stop the vehicle, but it fled from police. The truck then collided with two vehicles before being pinned against the curb by a police cruiser. **THE CANADIAN PRESS**



The sun also rises for the old men and the pond

Members of the Halifax Area Model Yacht Club race their boats in the sunshine on Sullivan's Pond on Sunday. The club races every Thursday and Sunday and you can find more info on their website — hamyc.ca. **JEFF HARPER/METRO**

Rifle-wielding man arrested: Police

Woodill and Maynard streets. No injuries reported after several people tried to disarm 57-year-old, cops say



HALEY RYAN
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Police say there is no risk to the public after a 57-year-old man

walked down a Halifax street Sunday morning carrying a rifle.

The incident happened near Woodill and Maynard streets in Halifax, with police saying several people tried to get the gun away from the man around 10:30 a.m.

"The individuals that were involved in attempting to disarm this person were known to him," said Halifax Regional Police Staff Sgt. Lindsay Hernden.

When police arrived, the

In custody

The man charged was held in custody Sunday and will appear in Halifax provincial court on Monday.

group had entered a home in the 2400 block of Maynard Street.

The rifle was located, and police say a 57-year-old man

from the Halifax area was arrested and charged with firearm-related offences.

No one was injured.

Hernden said police will not be releasing whether the rifle was loaded, or why the man decided to walk outside with a weapon.

"There's no reason to believe that anybody was in any danger. I think this was a singular incident," Hernden said. "There was no risk to the public."



The Macdonald Bridge METRO FILE

\$200M going into bridge upgrade

The province has announced it will loan the Halifax-Dartmouth Bridge Commission \$200 million for the upcoming re-decking project for the Angus L. Macdonald Bridge.

The government says the project is being financed through the general revenue fund, and won't have an impact on the province's net debt.

Like past projects funded

through this agreement, the commission will eventually repay the loan.

"Anyone who travels between Halifax and Dartmouth knows how important the Macdonald Bridge is to their commute. This project will ensure the bridge continues to serve travellers and our region well into the future," Finance Minister Maureen MacDonald said

in a statement released Friday.

Starting in 2015, the bridge deck, floor beams, stiffening trusses and suspender ropes will be replaced.

The work is the largest project for the bridge commission since the MacKay Bridge was built more than 40 years ago.

For more information about the Macdonald bridge re-decking project, visit hdbcc.ca. **METRO**

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Mandela. South Africa's president asks world to pray for national hero

Nelson Mandela's health has deteriorated and he is in critical condition, the South African government said Sunday.

The office of President Jacob Zuma said in a statement that he had visited the 94-year-old anti-apartheid leader at a hospital Sunday evening and was informed that Mandela's condition had become critical in the past 24 hours.

"The doctors are doing everything possible to get his condition to improve and are ensuring that (Mandela) is well-looked after and is comfortable. He is in good hands," Zuma said in the statement.

Zuma also met Graca Machel, Mandela's wife, at the hospital in Pretoria and discussed the former leader's condition, according to the statement. Zuma was accompanied on the visit by Cyril Ramaphosa, the deputy president of the country's ruling party, the African National Congress.

Mandela, who became South Africa's first black president after the end of apartheid in 1994, was hospitalized on June 8 for what the government said was a



Nelson Mandela
AFP/GETTY IMAGES/FILE

recurring lung infection.

Zuma appealed to South Africans and the rest of the world to pray for Mandela, his family and the medical team that is attending to him.

Mandela was jailed for 27 years under white racist rule and was released in 1990. He then played a leading role in steering the divided country from the apartheid era to democracy, becoming South Africa's first black president in all-race elections in 1994.

As a result of his sacrifice and peacemaking efforts, he is seen by many around the world as a symbol of reconciliation. **THE ASSOCIATED PRESS**



A man walks past a mural depicting Nelson Mandela Sunday in Johannesburg, South Africa. CHIP SOMODEVILLA/GETTY IMAGES

Pakistan

Taliban gunmen kill 10 foreign mountaineers

Islamic militants disguised as policemen killed 10 foreign climbers and a Pakistani guide in a brazen overnight raid against their campsite at the base of one of the world's tallest mountains in northern Pakistan, officials said Sunday.

The Pakistani Taliban

claimed responsibility for the attack at the base camp of Nanga Parbat, saying it was to avenge the death of their deputy leader in a U.S. drone strike last month.

The attack took place in an area that has largely been peaceful, hundreds of kilometres from the Taliban's major sanctuaries along the Afghan border. But the militant group has shown it has the ability to strike almost anywhere in the country.

THE ASSOCIATED PRESS



Calgarians began the flood cleanup in earnest Sunday as 65,000 residents were allowed access back into their homes to survey the damage. CANDICE WARD/FOR METRO

Calgary flood victims begin returning home

Surveying the damage.

City still working to restore power to 24,000 customers

Quoted

"There are pockets of downtown where normalcy will not return for weeks."

Calgary Mayor Naheed Nenshi



JEREMY NOLA
Metro in Calgary

City of Calgary officials gave permission to 65,000 residents to return home Sunday and survey damage from flooding unlike any the city has seen in decades.

But some areas remained inaccessible, cut off by water

that also damaged major landmarks, including the Pengrowth Saddledome and the Calgary Stampede grounds.

Mayor Naheed Nenshi encouraged employers in the core to only operate with "essential staff," until at least mid-week.

It's estimated as many as 100,000 residents were forced to leave their homes initially

Thursday and Friday as water gushed into 25 communities.

Erosion had also wreaked havoc on storied communities like Inglewood and Bowness, where rushing water had carried whole pieces of road away. Canadian Forces members worked throughout the day Saturday to protect the area, including nearby homes.

Those same members were

also tasked with attempting to save an electricity substation in the city's southeast that Gianna Manes, CEO of utility provider Enmax, said had "become part of the Bow River."

Sarah Harvey and Jan Gilroy were among the first people to return to Calgary's Riverbend area after that community reopened Saturday afternoon.

"I was checking every five minutes," Gilroy said. "I was just like, 'Please let us go back to my house.'"

Estimates on damage had not even begun to be tabulated, officials said.

WITH FILES FROM ROBSON FLETCHER

Saskatoon braces for Alberta floodwater

Saskatchewan is bracing for fast-moving floodwater flowing from Alberta, as the South Saskatchewan River becomes more dangerous by the minute.

While the swift flows were expected to peak on Sunday or Monday, officials advised residents to take extra caution.

According to the provincial Water Security Agency (WSA), more than 6,000 cubic metres per second are estimated to move into the South Saskatchewan early this week, marking the highest flow recorded on the river since the early 1900s.

"It's going to take away

soil faster and the riverbanks are going to become unstable faster," Shelby Rushton, CEO of the Lifesaving Society's Saskatchewan branch, said on Sunday.

"With the increase of flow, the dangers are increasing and we're encouraging people to stay away from the riverbanks."

The City of Saskatoon also warned residents about the water flows after the WSA began releasing 2,000 cubic metres per second from the Gardiner Dam on Saturday.

MORGAN MODJESKI AND ROSS ROMANIUK/METRO, WITH FILES FROM THE CANADIAN PRESS



A passerby looks on as the quickly rising South Saskatchewan River covers a section of the Meewasin Trail in Saskatoon on Sunday. MORGAN MODJESKI/METRO

Woman advocates for new laws to protect victims of 'revenge porn'

No consent. Private sexual video chat posted by woman's ex after they broke up has had 'devastating' effect on her personal, professional life

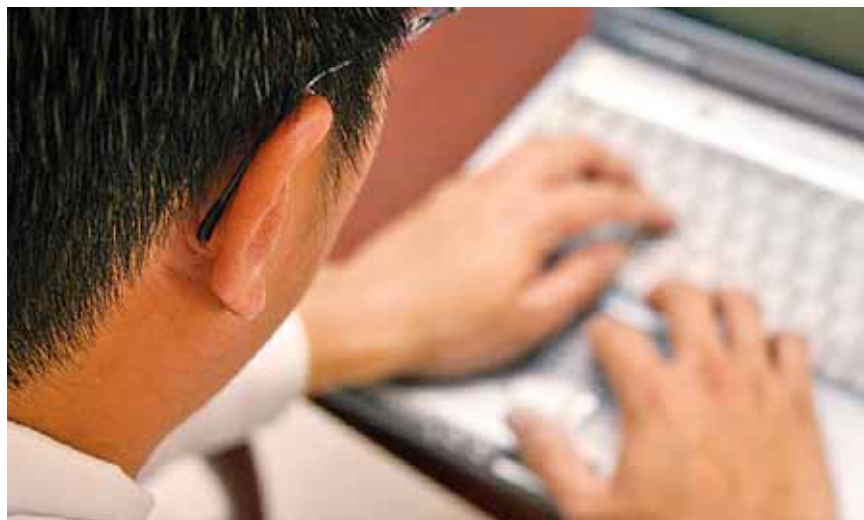


JESSICA SMITH
Metro in Toronto

Holly Jacobs was in a committed long-term, long-distance relationship with a man she trusted. To keep the romance alive, she participated in a private sexual video chat with him.

She didn't know he'd recorded it, but he did. She didn't know that after she broke up with him it would go viral on the Internet, but it did. Along with her full name, workplace and contact info.

Jacobs told Metro she believes the video was posted as a form of "revenge porn" — intimate photos or videos



A Nova Scotia MP has tabled a bill to make the posting of revenge porn illegal. ISTOCK IMAGES

posted online without the other person's consent, with the intent to hurt them.

In some cases of revenge porn — which has several websites devoted to it — the photos were given freely during a relationship, but the

victims did not consent to having them made public. In other cases, photos are taken during a sexual assault and posted online.

Nova Scotia MP Robert Chisholm is hoping Canada will follow New Jersey and

make the posting of revenge porn illegal. He tabled a private member's bill before Parliament broke for the summer and hopes to work with the Conservatives on a similar bill in the fall.

His draft bill would make

it an offence to distribute nude or sexually explicit photos of someone without his or her consent, punishable by jail time of 18 months to 10 years.

"Victims need to have services available, they need to have support and ultimately what they need is legal protection and perpetrators need to be held accountable," he said.

Chisholm wrote the bill after consulting with Rehtaeh Parsons' family, who live in his riding. Parsons killed herself after photos of her alleged sexual assault were distributed among her peers, many of whom bullied her afterward. No charges have been laid in the case.

"It's not just Rehtaeh — there have been similar cases throughout Canada and North America," he said.

Jacobs lauded Chisholm's bill. "This bill does a really good job of punishing (revenge porn), and gives people who do this what they really deserve," she said. "They deserve to be in prison — up to 10 years is great."

endrevengeporn.com

Fighting back

When Holly Jacobs broke up with her boyfriend, she was a PhD student — she didn't plan to be a porn star. But now, if anyone searches her birth name online, they'll find a video of her performing a sexual act.

"The kind of damage that revenge porn can do to someone's life — professional, personal, psychologically — it's devastating," she said.

Jacobs changed her name to Holly Jacobs, but someone kept linking her name and the details of her career with the pornography. Jacobs eventually convinced police to lay cyberstalking charges against her ex, and that case is ongoing. She has also launched endrevengeporn.com, a site devoted to advocating for new laws.

JESSICA SMITH/METRO IN TORONTO

Daredevil

Tightrope walker crosses gorge near Grand Canyon

Daredevil Nik Wallenda completed a tightrope walk that took him 427 metres over the Little Colorado River Gorge in northeastern Arizona on Sunday.

Wallenda performed the stunt on a five-centimetre-thick cable above the river on the Navajo Nation near the Grand Canyon. He took just more than 22 minutes, pausing twice as winds whipped around him so that he could get "the rhythm out of the rope."

Wallenda didn't wear a harness and stepped slowly and steadily throughout, murmuring prayers to Jesus almost constantly along the way. He jogged and hopped the last few steps.

"It was way more windy and it took every bit of me to stay focused the entire time," he said.

Sunday's stunt comes a year after he traversed Niagara Falls earning a seventh Guinness world record.

TORSTAR NEWS SERVICE

Candidate shot, rival supporter killed in Albania's elections

Albania's national elections Sunday were marred by violence after an exchange of gunfire wounded a candidate and killed a supporter of a rival party, tainting what had been a largely peaceful campaign and threatening to undermine the country's bid to join the European Union.

Though the leader of the main Socialist Party has claimed victory, it's unclear when the results will be announced because the body that oversees elections in the Balkan country hasn't enough members to certify them constitutionally following a political dispute. However, the law mandates they be revealed no later than three days after the polls.

Election day has been overshadowed by the violence. A police spokesman said Gjon Gjoni, 49, died after being



An Albanian voter casts her ballot in the capital, Tirana, Sunday.
HEKTOR PUSTINA/THE ASSOCIATED PRESS

shot in an exchange of fire that also wounded Mhill Fufi, 49, a candidate for Prime Minister Sali Berisha's governing Democratic Party. Another man, Fufi's relative Kastriot Fufi, 39, was also wounded.

Details surrounding the incident, which took place in the city of Lac, about 50 kilometres from the capital,

Rocky road to democracy

- Once one of the world's most hardline communist countries, Albania has had a rocky road to democracy over the past couple of decades.
- Corruption has plagued the impoverished country, and its elections have been marred by violence and vote-rigging.

Tirana, were sketchy.

However, a spokeswoman for the ruling Democratic Party, Laura Vorpsi, said Fufi was trying to move away some opposition supporters who were trying to bribe voters, and alleged that they "responded with shooting rounds."

THE ASSOCIATED PRESS



Supermoon rising

A supermoon is seen behind the Statue of Liberty on Sunday in New York. The larger-than-normal moon happens only once this year, as the moon on its elliptical orbit is at its closest point to Earth and is 13.5 per cent larger than usual.

JULIO CORTEZ/THE ASSOCIATED PRESS

U.S. whistleblower seeks asylum in Ecuador, says foreign minister

Passport revoked.

U.S. official said Sunday Edward Snowden's passport was annulled before he left Hong Kong for Russia

Admitted leaker Edward Snowden took flight Sunday to evade U.S. authorities, and is seeking asylum in Ecuador in what has become a game of diplomatic cat-and-mouse.

The former National Security Agency contractor and CIA technician fled Hong Kong and arrived at Moscow's Sheremetyevo airport, where he planned to spend the night before boarding an Aeroflot flight to Cuba. Ecuador's Foreign Minister Ricardo Patino said his government received an asylum request from Snowden, and the anti-secrecy group WikiLeaks said it would help him.

Russian media said Snowden intended to fly to Cuba

on Monday and then on to Caracas, Venezuela.

"He goes to the very countries that have, at best, very tense relationships with the United States," said Rep. Ileana Ros-Lehtinen, R-Fla., adding she feared Snowden would trade more U.S. secrets for asylum. Sen. Dianne Feinstein, the chairwoman of the Senate Intelligence Committee, said she had been told Snowden had more than 200 sensitive documents.

Snowden's itinerary takes him on a tour of what many see as anti-American capitals. Ecuador in particular has rejected the United States' previous efforts at co-operation, and has been helping WikiLeaks founder Julian Assange avoid prosecution by allowing him to stay at its embassy in London.

The United States formally sought Snowden's extradition from Hong Kong but was rebuffed; Hong Kong officials said the U.S. request did not fully comply with their laws.

THE ASSOCIATED PRESS



Journalists show passengers arriving from Hong Kong a tablet with a photo of Edward Snowden at Sheremetyevo airport, just outside Moscow, Russia, Sunday. Hong Kong allowed the former National Security Agency contractor to leave for a "third country" because a U.S. extradition request did not fully comply with Hong Kong law, the territory's government said Sunday. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Quoted



"It means that every investigative journalist in the United States ... who receives classified information is a criminal."

Glenn Greenwald, Guardian reporter, in an interview with NBC TV news show host David Gregory.



(Snowden) "is bound for the Republic of Ecuador via a safe route for the purposes of asylum."

WikiLeaks. The anti-secrecy group's founder, Julian Assange, was granted asylum by Ecuador last year and has been staying at the country's embassy in the United Kingdom since then.

A new spin. Conservative government boosts information services

The federal government employs nearly 4,000 communications staff in the public service, an increase of 15.3 per cent since the Conservatives came to power in 2006.

The sharpest increases came in the two highest-paid job classifications, where numbers jumped 33 per cent and 50 per cent, respectively, data compiled by the Parliamentary Budget Office shows.

"We're laying off people that are producing scientific

information and increasing the number of people that are being used to spin it," said Calvin Sandborn, the legal director of the Environmental Law Centre at the University of Victoria. His group helped document repeated cases of scientists being muzzled by government communications rules and staff, a report that convinced the federal information commissioner to take a deeper look.

THE CANADIAN PRESS

Budget day shoes



Media monitoring on specific events or subjects by government departments has expanded to include analyses of social media, such as Twitter, and comment boards.

- The Finance Department

went so far as to do a Twitter analysis on the issue of Minister Jim Flaherty's "budget day shoes" and "hockey gear tariffs" in March, according to access-to-information documents.

Not a nerd farm. Speech offers rare glimpse into eavesdropping agency

According to geek lore, Canada's top-secret eavesdropping agency was once staffed by such a crew of oddball science nerds that one intelligence analyst cut her hair at her desk and another built a chicken-wire enclosure around his work area to keep other people away.

The more than 2,000 staffers of the electronic spy service headquartered in Ottawa's south end are generally forbidden from discussing their highly sensitive pursuit of foreign intelligence.

But one of CSEC's senior members opened the blinds a crack in an unpublicized speech a few years ago. The Canadian Press obtained a copy of the May 2010 candid address by Communications Security Establishment Canada signals intelligence chief Shelly Bruce under the Access to Information Act.

The contemporary SIGINT analyst is neither narrow specialist nor generalist, Bruce told her audience. "He or

Quoted

"Increasingly we have a cadre of well-spoken, well-rounded and outgoing young people.... They overcome their introversion because the subject matter so enthralls them that they have to share it."

CSEC signals intelligence chief Shelly Bruce. She said today's CSEC intelligence analysts are social creatures.

she must be good at everything, a Renaissance man or woman.... You have to be a brilliant speaker, a competent Java coder, a master of social media, a social psychologist, a political scientist," she said.

One-quarter of CSEC's analysts have an advanced degree. And spying is no longer a man's world. Most of the agency's intelligence analysts are women, Bruce said.

THE CANADIAN PRESS

Miami Heat's victory

Teen in Florida hit by celebratory gunfire

A teen watching NBA Finals postgame coverage in South Florida was hit by what police believe was celebratory gunfire.

Fifteen-year-old Brandon Reid says a bullet came through his mother's sliding glass door and grazed his skull under the ear. THE ASSOCIATED PRESS

Victims honoured

Boston Marathon champ returns winner's medal

Lelisa Desisa of Ethiopia, the champion of the men's 2013 Boston Marathon returned his winner's medal to Mayor Thomas Menino on Sunday to honour the city and those killed and injured in the bombings near the finish line of one of the world's top running events. THE ASSOCIATED PRESS

Northern Gateway

Equity offer would give First Nations \$70K a year: Report

The equity offer from Northern Gateway to aboriginal groups along the route of a controversial oil pipeline would amount to about \$70,000 a year for the bands, which would have to borrow the millions of dollars needed to purchase equity from Calgary-based Enbridge itself, say some aboriginal leaders, who are among the minority who have rejected the offer.

THE CANADIAN PRESS

Medical treatment

AK-47 creator to be flown to Moscow

Russia has sent a medically equipped aircraft to bring Mikhail Kalashnikov, the 93-year-old creator of the AK-47 assault rifle to Moscow for treatment from his home in Izhevsk. Kalashnikov spent two weeks in an Izhevsk cardiology clinic in May. THE ASSOCIATED PRESS

U.S. Girl Scouts look on as the cookie crumbles

Opposing camps.

Fiscal trouble, declining membership and grass-roots dismay plague organization

Given the friction and financial woes facing the Girl Scouts south of the border these days, perhaps it's time for a giant friendship circle.

Just a year after its centennial celebrations, the Girl Scouts of the USA finds itself with problems including declining membership and revenues, a dearth of volunteers, rifts between leadership and grass-roots members, a pension plan with a \$347-million US deficit, and an uproar over efforts by many local councils to



Anna Maria Chavez, CEO of Girl Scouts of the USA, at left, supports the world's largest girl-led business during National Girl Scout Cookie Day on Feb. 8 in New York City. GETTY IMAGES FILE

sell venerable summer camps.

The tangle of difficulties has prompted one congressman, Rep. Bruce Braley of Iowa, to request an inquiry by the House Ways and Means Committee into the pension liabilities and the sale of camps.

Quoted

"I am worried that America's Girl Scouts are now selling cookies to fund pension plans instead of camping."

Rep. Bruce Braley, D-Iowa, in a letter last month to the chairman of the House Ways and Means committee.

Compounding the problems are tensions at GSUSA headquarters in New York, where several senior executives have quit or been ousted since Anna Maria Chavez took over as CEO in 2011. Last week, some of the roughly 325 employees there were invited to take early retirement, and Chavez said an unspecified number of layoffs are expected in August.

THE ASSOCIATED PRESS



Palestinian wins Arab Idol

Singer Mohammed Assaf is seen on the Arab Idol stage in Beirut, Lebanon, on Saturday night, when he became the first Palestinian to win the Arab world's version of American Idol. That set off wild celebrations across the Palestinian territories. After the victory, Palestinian President Mahmoud Abbas declared the singer an honorary ambassador. He was also named a youth ambassador by the UN's Relief and Works Agency, which serves Palestinian refugees across the Middle East. The agency runs the Khan Younis refugee camp in Gaza, where Assaf has lived since the age of four.

MBC GROUP/THE ASSOCIATED PRESS

Food production

Laval student links bee deaths to certain insecticide

Seeding is over for this year on Canadian corn and soy farms. But research suggests the consequences on bees could last a long time.

Laval University master's student Olivier Samson-Robert collected data showing apiaries less than three kilometres from fields with insecticide-treated seeds had three times the mortality rate of other locations.

Samson-Robert aimed to put a figure on the decline in bee populations and determine how much of it was linked to neonicotinoid insecticides, among the most widely used insecticides worldwide. He said 99 per cent of corn seeds and 50 per cent of soy seeds in Quebec are coated with it. Insecticide particles escape into the air when the seeds are planted.

Pollination is responsible for 70 per cent of cultivated plants and 35 per cent of humans' overall food consumption. THE CANADIAN PRESS

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9 year old Michael is battling leukemia – let's help him realize his wish!

ZINCK'S DOWNFALL IS A SAD CASE

The careening train wreck that is now Trevor Zinck's political career and personal life has finally flown off the tracks, plunged over the cliff and disappeared into the abyss.

Zinck, who had promised a vigorous defence of the criminal charges in the MLA expense scandal, turtled instead. On the fifth day of his trial — after the Crown had laid out its damning, he-even-stole-a-kid's-hockey-dreams case against him — Zinck pleaded guilty to fraud and breach of trust.

He then promised to fight to hold on to his MLA job, only to do another 180, hastily resigning his seat after learning he'd lose \$51,000 in transitional funding if he waited to be expelled by his fellow MLAs.

Zinck is now vowing to win back his job in the next provincial election.

Nova Scotians have a right to be angry. And Zinck deserves to pay for his crimes.



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

But his is also, ultimately, a sad case.

I met Zinck shortly after he was elected MLA for Dartmouth North in 2006. I'd written about child-welfare problems in Nova Scotia, and a group of parents invited me to a meeting to discuss their options. Zinck was there, too. He took notes, offered helpful advice, promised support. I believe he followed up.

In the three years since Zinck's expenses became a matter of criminal investigation, I've written a number of columns criticizing what he did. Each time, I'd receive emails from constituents who still considered him their champion. There may be fewer of those now that we know about the constituents and charities he's stiffed.

Why did it all go off the rails?

The short answer appears to be some combination of alcohol and gambling addiction — mixed with an unhealthy

His own worst enemy

Why did it all go off the rails? The short answer appears to be some combination of alcohol and gambling addiction — mixed with an unhealthy dose of denial.

dose of denial.

Early on, Zinck acknowledged he'd had "problems," but during his trial he downplayed them. "Every once in a while I go to the casino," he shrugged after Crown lawyers persuasively connected the dots from his constituency bank account to late-night ATM withdrawals at the Halifax casino.

I hope — though his behaviour to date doesn't encourage much — Zinck will finally pause, take stock of what's happened — and why — and seek help.

Not for the sake of his political career.

But for his life.

ZOOM

Flying bike idea gets off the ground

ET-like flying bike takes to the skies

It's a bird! It's a plane! No, it's a flying bicycle! British designers Yannick Read and John Foden have revealed their extraterrestrial-looking vehicle, the XploreAir Paravelo, a bike that transforms into an ultralight aircraft requiring no licence to fly and capable of reaching altitudes of up to 1,220 metres. **METRO**

Wheweeeee!

- **Speed & power.** Travels at 40 kilometres an hour in the air, for up to three hours at a time, powered by a biofuel 249cc motor and parachute.
- **Design.** Foldable, tows a lightweight trailer carrying a powerful fan.
- **Plans.** If it draws enough public support, it will go into full production and later go on sale for less than \$23,488.

Bikes and the Wrights

"The Wright brothers were former bicycle mechanics, so there's a real connection between cycling and the birth of powered flight that's recaptured in the spirit of the XploreAir X1 flying bike."

John Foden, co-designer at XploreAir

It's economical, too

"Unlike a helicopter, you don't need a large hangar and bank balance to own a flying bicycle — you can store it in your apartment and it costs less than a car."

Yannick Read, co-designer at XploreAir Read's previous invention was the "B.O.N.D." (Built of Notorious Deterrents) bicycle, a vehicle equipped with a flame thrower, caterpillar tracks and an ejector seat. It was built following a survey asking cyclists about their pet peeves.



JONATHAN HORDLE/REX FEATURES

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

If you're the type who eschews the summer reading list for a summer mobile-gaming list, the past few weeks have been very good to you. Here are three games to chew up the hours while you're taking a break from the sun.:



Badland :

Guide your flying fluffball through a beautifully designed interactive world that also happens to be relentlessly hostile. Scoop up power-ups along the way to survive a challenging mix of platforming and puzzle-solving, similar to Limbo. (iOS and Android: \$4.99)

Leviathan Warships :

Manage and upgrade a fleet of ships for turn-based multiplayer naval warfare against your friends. Everything about your fleet is customizable, so

it's up to you to weigh the pros and cons of going big guns blazing versus staying swift and nimble. (iOS and Android tablets: \$4.99)

Frozen Synapse:

A wildly addictive and challenging tactical strategy game that charges you with commanding a team of soldiers across a minimalist game board, using buildings and obstacles as cover. Find which of your soldiers complement each other best and surprise your multiplayer opponents with clever ambushes. (iPad: \$6.99)

Twitter

RE: Floods ravage southern Alberta, published June 21

@WestJet: We've asked WestJetters to match our @redcrosscanada

donation and encourage all Canadians to do the same: <http://fly.ws/17wjrab>

@rsinghphoto: Disgusting to hear some businesses charging \$20 for a bag of ice or \$45 for a case of water!

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

How to get your undead fix

World War Z. Zombies have captured our imagination for years — here are a few suggestions on how to enjoy these infamous brain eaters



**NED
EHRBAR**
Metro World News in Hollywood

It's rarely a good sign when reports of trouble behind the scenes of your mega-budget film eclipse the movie's marketing, but that's what has been going on with World War Z for the better part of a year now, with everything from script problems to massive rewrites to strife between star Brad Pitt and director Marc Forster nabbing headlines. None of this suggests good news when it comes to the film itself. If you're not feeling too confident about seeing the new zombie flick either, here are some alternatives to get your undead fix.

Go read a book

After being worked on by a who's who of Hollywood screenwriters, the film World War Z strays pretty far from the book that inspired it. Why not curl up with Max Brooks' original and envision some worldwide zombie terror with your own imagination?

Go for a classic

There are plenty of sub-par zombie movies out there, so instead of taking the risk of seeing yet another, why not revisit something more dependable? In keeping with the fast-moving brain-munchers of World War Z, we



Get your zombie fix by catching up on the latest season of The Walking Dead. HANDOUT

recommend Danny Boyle's chilling 28 Days Later or Will Smith's take on I Am Legend. Of course, there's always Lucio Fulci's unintentionally hilarious Caribbean-set Zombie from 1979, which features a zombie-versus-shark battle that has to be seen to be believed.

Go gaming

The latest season of The Walking Dead might be over, but there's plenty more — and, arguably, better — action to be had in the impressively sprawling, award-winning video game version. But don't expect to walk around as an Andrew Lincoln avatar or anything, as the game is based more on the comic book that inspired the show and uses completely new characters — though you may come across



28 Days Later is a pretty dependable zombie flick. HANDOUT

some familiar faces.

Get on Netflix

Maybe you haven't actually caught up on The Walking

Dead, in which case good news: The entire series is available for streaming on Netflix. On the film side, you can also stream the zombie

Box office

Monsters beat out zombies

Disney's Monsters University is the weekend box-office winner, according to studio estimates released Sunday. The animated family film, a prequel to Monsters Inc., debuted in first place with \$82 million. It beat out Paramount's Brad Pitt zombie romp World War Z, which opened in second place with \$66 million.

THE ASSOCIATED PRESS

thriller Let Me In, which is the American remake of the stellar Swedish flick Let the Right One In.

Go indie

Writer/director/star Jeremy Gardner made the Battery, an impressively original zombie flick, on a budget of \$6,000 — but you can hardly tell. Consider it the antithesis to the bloated World War Z. The indie gem has been collecting awards and accolades around the world on the festival circuit and is now available to rent or own online. Find out more at thebatterymovie.com.

Go to the movies

Instead of the zombie apocalypse, how about just the good old-fashioned actual apocalypse? This Is The End is still going strong at the box office and may be the funniest thing in theatres. And Jonah Hill turns into something sort of resembling a zombie at some point. Plus, it's got cannibals, well-endowed demons and Emma Watson with an axe. How is Brad Pitt supposed to compete?

2
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Justin Bieber ALL PHOTOS: GETTY IMAGES

Fast and furious: Bieber's neighbours mad at driving

Justin Bieber's neighbours are so fed up with he and his friends' reckless driving in their gated Calabasas, Calif., community that they've asked the police to intervene, according to E! News. There's also been an emergency Homeowner's Association meeting planned to address the issue. "It has been escalating for the past six months. He has begun to flip over to a really dark side," a neighbour says of Bieber's "aggressive, reckless" behaviour. "They have sent him warnings. He's out of control.

Everyone has a Bieber white Ferrari story. God forbid someone gets hurt by that car. He just feels like he is above the law." There are apparently some laws he's not above, though, as Bieber once again found his age to be an obstacle to having a good time. The 19-year-old reportedly requested an invitation to the Miami Heat's victory bash last week at a South Beach nightclub but was turned down by both the club management and the team because he is under 21, sources say.



Naomi Watts

Princess Di film won't feature Will and Harry

While Princess Diana will be getting the Hollywood treatment later this year with Diana starring Naomi Watts, the film won't actually feature much of her sons, Prince William and Prince Harry, according to the Daily Mail. Sources say there is only one

"significant scene" featuring the boys that takes place shortly before Diana's death. Director Oliver Hirschbiegel tells the newspaper that additional scenes featuring the boys were cut because "it never felt right to have them in the film."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Forget zombies, it's the attack of the lizard people



STARGAZING
Malene Arpe
scene@metronews.ca

Brad Pitt says World War Z is "the most intense thing you're gonna see all summer." Oh, I don't know about that. Alcide eating someone's arm on last week's True Blood was pretty arghhhh.

Kim and Kanye reportedly name their baby North West. The Northwest Territories, Oliver North, North By Northwest, WestJet, North Korea and the West Nile Virus plan a class action suit. Kris Jenner, meanwhile, refers to the child as Kompass.

Ryan Reynolds drops out of the Highlander remake. That's really too bad. We were all looking forward to Connor MacLeod of the clan MacSmartass.

Jennifer Lopez joins 33, the dramatic movie about the trapped Chilean miners. "Oh," Jennifer said, "My mistake. I thought it

was a movie about famous, beautiful people who are 33. Just like I am. Oops."

Nigella Lawson's husband, who was photographed choking her, says it was "just a playful tiff." That's plausible. And the swift kick that should be aimed at his crotch is what I would describe as "a gentle kerfuffle."

Leslie Gold of the show Hardcore Pawn says he would buy Kim Kardashian's baby's dirty diapers. "That's so disgusting," says Kris Jenner. "What in the world is wrong with you? We wouldn't sell that ... unless you also buy the umbilical cord."

Don Ed Hardy says that Jon Gosselin's endorsement killed the Ed Hardy brand. There were, of course, many other contributing factors, such as severely decreased spending power, a demographic shift and ugly.

A member of Whitby Town Council in England says he's regularly abducted by lizard people and has fathered an alien baby but it's no big deal and he just wants to fix potholes. "Why can't we have that kind of politician?" asks everyone in Montreal and Toronto.



Amanda Bynes

Amanda Bynes 'nose' what the people want

Amanda Bynes finally got her nose job this weekend, revealing on Twitter that she's got a lot more about the operation to share. "I'm going to post a video of some

of the procedure on my Twitter," Bynes writes. "I need one more procedure to thin out the bridge of my nose." So we all have that to look forward to.



Madonna

Quicker than a ray of light Madonna's kids are all grown up

Madonna admits being the mother of adolescents is no picnic. "Seeing my daughter at 16, she's still my little girl and also a woman," Madonna says during a visit to Good Morning America. "Ever since my daughter got an iPhone,

she stopped talking to me." Things aren't going much more smoothly with her 12-year-old son, Rocco, who is growing rapidly, sporting facial hair and is "looking at girls' butts," Madonna says, shaking her head. "Terrible."

Twitter



@Sethrogen

Just flew from Australia to London, which I think is as far as you can travel on earth before you're heading back to where you started.



@ElizabethHurley

Yes- I am putting off packing and learning lines by tweeting nonsense.



@kevin_nealon

Lost my cell phone in Johannesburg last night. Please address your future tweets to @MullahSowungo the Cab Driver.

Learn to save

Pros and cons of paying allowance



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

The paying of an allowance is a personal choice. To help you figure out where you come down in the debate,

here's a handy list of pros and cons.

- Pros**
- Kids learn about the real-world concept of "work for money." The sooner they understand this dynamic, the better.
 - Kids have the opportunity to save their own money toward the purchase of things they want but you don't want to buy.
 - You can easily bribe them to clean up their rooms, clear

the table, do some vacuuming and maybe even fetch a glass of wine every now and again.

- Cons**
- The concept of contributing labour simply because they are a member of a functioning family is lost.
 - Every chore in the house soon has a dollar amount attached to it.
 - They might save their money and spend it on items you think are frivolous (at

best) or dangerous (at worst). Where do I land on this?

Well, as the boss of my family, I believe in paying allowance. I know this is how the real world works, and I know that kids under the age of 14 can't earn good money working outside the home.* (*Legally. But check around. You never know.)

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No diaper? No problem, with EC

Toilet training.

The new parenting trend is "elimination communication." What is it and how can you implement it at home?

DOROTHY ROBINSON
Metro World News in NYC

It seems impossible: A baby — many times not much older than newly born — goes to the bathroom directly into the toilet and not a diaper. Devotees of "elimination communication" (EC) say that it can happen.

Christine Gross-Loh has been preaching this alternative to toilet training for years; her book, *The Diaper Free Baby*, has been the instruction manual for EC devotees since it was published in 2007. Here she gives advice on being number one in the "number two" business.

How is EC different from regular toilet training?

The most basic difference is that you start EC earlier, before a child has become so used to eliminating in diapers that potty training is a whole

new transition he has to get used to (and may be resistant to).

Babies are born with this awareness of elimination, but as they become used to eliminating in a diaper all the time, they lose that awareness — and have to work on becoming aware again when they reach the age of conventional toilet training. EC-ed children are often out of diapers completely at or before the age when most children are just beginning to embark on potty training.

What advice do you have for working parents who live in cities who may want to try EC?

EC can be done during the evening or on weekends. Even if you are at home with your baby full-time, you may not be doing EC full-time. It's easy to have some diaper-free time during the evening, or sit your baby on the potty before and after his bath. Doing EC does not mean you have to ditch diapers completely.

What are some drawbacks to EC? Benefits?

It's hard to do anything when it's not a cultural norm — you may get less support and less information. Informa-

tion about EC — about typical stages, about the logistics — is really key. Luckily, the information and support is out there as more and more parents do EC. And there are so many great reasons to give it a try: There are communication benefits (you learn to read your baby just as you learn how to figure out when he is hungry or sleepy), environmental and economic benefits (you go through fewer diapers) and health benefits (less diaper rash).

Finally, you are not relying on diapers so much that your child becomes reluctant to let go of them, a problem that some parents face when doing conventional toilet training.

Why do you think EC has taken off in recent years?

I think it's because there are so many parents out there who know more about the world around us. They know that in cultures around the world, it's not at all the norm for a baby older than one to be in a diaper.

When you know that this isn't a universal thing, it makes you feel more open to understanding why and how this is, and to realizing there are some viable lessons here for us.



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THE

This potato salad is the cream of side dishes



BBQ potato salad with crispy red onions. THE CANADIAN PRESS

This rich and creamy potato salad can be served warm or cold. The crispy red onions add a unique touch to this summer staple.

1. Heat oven to 200 C (400 F).

2. Place potatoes horizontally on cutting board and slice

vertically into 1-cm (1/2-inch) thick slices. Brush with 15 ml (1 tbsp) of the olive oil; season with salt and pepper.

3. Place in a single layer on a non-stick baking sheet; bake for 20 minutes.

4. Remove sweet potatoes to

a plate. Return baking sheet (with remaining potato slices) to oven; continue baking for 5 minutes or until just tender.

5. Heat barbecue to medium-high heat. Brush potatoes with remaining olive oil. Grill on greased grill for 3 to 4 minutes per side or until grill marks appear. Let cool.

6. In a large bowl, whip cream until soft peaks form; stir in mayonnaise. In a small bowl, combine dill, mustard, lemon zest, sugar, parsley, thyme, cayenne and garlic; fold into cream mixture. Stir in potatoes; toss gently to coat. Serve with crispy onions on top.

Crispy onions

Slice onion in half and cut into fine slices. In a bowl, toss onion with flour; shake off excess. In a large skillet, add enough oil to coat entire skillet and heat on medium heat. Add onion and cook in batches until golden, adding

Ingredients

- 1 each sweet potato, yellow-fleshed and purple or red potato (each about 250 g/1/2 lb)
- 30 ml (2 tbsp) olive oil, divided
- Salt and fresh cracked black pepper, to taste
- 125 ml (1/2 cup) 35 per cent whipping cream
- 50 ml (1/4 cup) mayonnaise
- 22 ml (1 1/2 tbsp) chopped fresh dill
- 15 ml (1 tbsp) whole grain mustard
- 15 ml (1 tbsp) grated lemon zest
- 5 ml (1 tsp) brown sugar
- 5 ml (1 tsp) each chopped fresh parsley and thyme leaves
- 2 ml (1/2 tsp) cayenne
- 1 clove garlic, minced

Crispy Red Onions:

- 1 red onion, peeled
- 30 ml (2 tbsp) all-purpose flour
- 125 ml (1/2 cup) vegetable oil (approx)

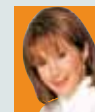
- 1 green onion, chopped

more oil if necessary. Remove to paper towels. Divide potato salad among serving plates. Top with crispy onions and green onion. **THE CANADIAN PRESS/ CHEF DEVAN RAJKUMAR**

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Dairy Queen medium chocolate cone (199g)

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Grilled Portobello 'Dog': Tasty mushroom creation is a fungi to BBQ with



You don't need meat for a BBQ dinner. NICOLE MACPHERSON OF YUMMYMUMMYCLUB.CA

Even though we hardy Canadians use the barbecue year-round, I still think of this time of year as the beginning of barbecue season.

The boys in my house love barbecued hot dogs, and in the spirit of togetherness I would like to join them in this; however, tofu dogs and sausages are not, in my opinion, edible. One of my girlfriends calls them "not dogs" which I think is an apt description. I created this recipe so that I too could have something tasty in a bun during those sunny days.

1. Start by placing the mushrooms in a shallow bowl. 2. Whisk together olive oil, vinegar, garlic, and honey; pour over mushrooms and marinate for 2-3 hours.

Ingredients

- 2 Portobello mushrooms, stems and gills removed
- 2 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 1 clove garlic, crushed
- 1 teaspoon honey
- Whole wheat hot dog/ sausage buns
- Goat cheese or cashew cheese

3. Grill over a hot barbecue for about 10 minutes. Spread cheese on buns; slice mushrooms lengthwise and arrange inside bun. If desired, drizzle with leftover marinade. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

Shake up your summer grill options with Shishito peppers

Never had shishito peppers? You need to track them down. Right now.

First, a primer. Shishito peppers are small, thin Japanese peppers. They look a bit like a longer, thinner jalapeno. But the flavour is quite different. While jalapenos have thick flesh and an assertive heat most of us are familiar with, shishitos are thin skinned and generally sweeter than they are hot.

Except when they are not. For reasons that are debated online, one out of every dozen or so shishito peppers packs a medium-to-hot punch.

During the past year or so, shishito peppers have become a darling of the restaurant scene. Nothing on the epic scale of ramps, which New York chefs in particular went a little crazy for a few years ago. But they have been showing up on more and more menus across the country. Shishito peppers generally are served as a starter, often heaped in a bowl and munched. And the prep couldn't be easier. They are cooked whole, usually with a splash of oil and just enough

time in the skillet to lightly brown in spots. Seasonings can vary, though coarse salt is a must.

In addition to having a wonderfully addictive flavour — the trinity of oil, salt and a gentle heat helps here — shishito peppers are perfect for summer.

Start to finish: 15 minutes and serves 4.

1. Heat a grill to high. In a large bowl, combine the peppers and 1 tablespoon of the oil. Swirl and toss the peppers until evenly coated with the oil.

2. Using tongs, arrange the peppers on the grill so they lay across the direction of the grates (not with them). The goal is to prevent the peppers from falling through the grates. Cook, turning often, until the peppers begin to brown and blister, about 4 to 6 minutes.

3. Return the peppers to the bowl (no need to wipe it out). Add the remaining oil, the salt



Shishito peppers are appearing on more restaurant menus. AP PHOTO

and almonds, then toss well. Transfer to a serving bowl and serve immediately.

Ingredients

- 1 pound shishito peppers, left whole
- 2 tablespoons toasted sesame oil, divided
- 1 tablespoon coarse or flake salt, such as Maldon or kosher
- 1/4 cup finely chopped almonds

Nutrition information per serving: 140 calories; 90 calories from fat (64 per cent of total calories); 10 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 12 g carbohydrate; 6 g fibre; 5 g sugar; 4 g protein; 1,450 mg sodium.

THE ASSOCIATED PRESS

I get by with a little help from my co-workers

The task of the ask.

Inquiring with others when you're unsure at the office should never bring you shame

ASHLEY
MILNE-TYTE
Metro World News

Most of us don't like asking for help at work, even when we're overwhelmed. We fear it makes us look weak. In fact, it can bring huge benefits.

Last year I was interviewing a successful small business owner when she mentioned one thing that had initially held her back: feeling she had to do everything herself and do it perfectly. But she soon realized her male counterparts were asking other entrepreneurs for help and advice all the time, and that this actually played a significant part in their success.

She let her guard down and began following in their footsteps. She now ad-

Fear of rejection

Why not ask for help?

- We tend to take "no" very personally. We need to take a step back and realize it's not always about us. "If we decide not to take it personally, the way we ask becomes different," Inam says.

vises all of the women she mentors to do the same.

I spoke to leadership coach Henna Inam about a few of the reasons why women in particular are so squeamish about asking for help.

I hate bothering people

To turn this perception around, think instead about how you'd feel if someone asked you for help or advice. Most of us, Inam points out, would feel flattered in that situation: "The ego feels good. You're able to give someone something

they need and want." So don't hold back.

It makes me look like I can't do it myself

There are two sides to this one. First, there's you grappling with your own ego, the stubborn inner child that insists you don't need help to achieve this thing. That's easily dealt with — just tell the child to pipe down.

Less easy, as I put it to Inam, is dealing with the fact that surely some colleagues or managers actually will see you as weak if you ask for help.

She admits that there is no good answer to this question. Yes, maybe they will. But she is against the idea of women living their lives in fear of what someone else may think about them.

"If (never asking for help) becomes an unconscious habit, that's when it becomes dangerous," she says.

In other words, by all means be judicious about who and when you ask — but if you need help, ask.



Feeling overwhelmed at work? Ask for help. ISTOCK



Look around you! Education can be found in unlikely places. ISTOCK

Make summer count by adding fun to math

It's as easy as 1,2,3.

Give the brain a little boost between barbecues, bonfires and heading to the beach

ALISON
BOWEN
Metro World News

This summer, when your child asks, "Are we there yet?" on that family road trip, you can have a new answer.

Surreptitiously relating everything to math helps children use their noggins in the summertime, suggests Glen Whitney, co-founder and co-executive director at Manhattan's Museum of Mathematics.

"Summer's a great opportunity, if you're out doing things, to make math more connected with the world," he says.

Whitney says summer can be a prime time to sneak math into warm-weather activities, from a routine summer family road trip to a baseball game.

"Kids are naturally curious, and they want to be able to figure out things," he says. "They want to figure out, how long it's going to (take) me to save up for that skateboard."

Whitney gave Metro five ways to sneak math into summer activities:

When your kids ask that quintessential question, "Are we there yet?" make it a math problem

Ask them to calculate how far away you are and how long it will take to reach your destination. This may also be a chance to invoke the "when I was your age" card — "When I was a kid, you had to look at the little numbers on the map and look them up," he recalls. "Now, you don't have to do that any

more, thanks to Google Maps." Explain the odometer and how it changes as you move along.

Bring children along while you shop for a camping trip or a summer barbecue

"Anything you can involve your kids in that kind of budgeting, planning or estimating" is great, he says. Explain the budget and, as you approach the checkout, ask them to tabulate a rough estimate of how much everything will cost.

Point out shapes

If you are in the city, for example, ask kids what shapes they see. A building could be a rectangle, and a roof could be a triangle. This introduces kids to, or helps them keep up with, basic geometry.

Sporting success

If your child is a sports fan, get them involved with the numbers in the game

- For example, if they're a fan of a certain baseball

star, ask them how many hits he needs to get his batting average up or how many games your local sports team needs to win to increase their ranking.



Bedford Days, which features activities for the entire family, runs from June 27 to July 1.



Bedford Days features fireworks. CONTRIBUTED PHOTOS

Bedford Days: Something for everyone

Bedford Days is just around the corner and people are excited about it.

"It really is something the people of Bedford and

the surrounding communities look forward to," said Coun. Tim Outhit. "I get calls all year (from people saying, 'When is Bedford

Days this year? Have you thought about this or that for Bedford Days? I liked the fireworks last year.'"

To answer the first ques-

tion, the five-day event runs June 27 to July 1.

The event is a holdover from the days of when Bedford was a town and wasn't part of the Halifax Regional Municipality (HRM).

As always, Bedford Days features many different activities.

"What we strive to do is provide programming for all age demographics and a variety of offerings," said Mike Gillett, HRM's senior event co-ordinator.

Some of the events this year are a pancake breakfast, Canada Day fireworks and a senior's dinner and bingo.

Event organizers are continuously looking to improve Bedford Days and some new activities from last year remain on the bill this year, such as Rouge et Blanc: A Bedford Summer

Much anticipated

"I get calls all year (from people saying, 'When is Bedford Days this year? Have you thought about this or that for Bedford Days? I liked the fireworks last year.'"

Coun. Tim Outhit

Soiree. This event features wine samples from Harvest Wines and Spirits, hors d'oeuvres from some of Bedford's finest restaurants, as well as live music. This event is taking place Friday.

On the same evening, there is another holdover from last year taking place. The teen coffeehouse will feature live entertainment provided by local Bedford teens and will take place at

DeWolf Park.

One of the more interesting features of Bedford Days is how the programming has evolved in such a way that it now includes many fitness/recreation-based activities.

"It just sort of happened naturally," Gillett said.

Examples of this programming include yoga and zumba at DeWolf Park, a minor baseball tournament and a triathlon for kids.

One of the highlights of Bedford Days is the outdoor movie screening at DeWolf Park, taking place Sunday.

"It's a whole drive-in movie vibe," Gillett said. "It's wonderful on a beautiful night to sit in the park and watch a show."

For more details about Bedford Days, visit bedford-days.ca.

RICHARD WOODBURY

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Bedford resident Leceta Chisholm Guibault spends a lot of time volunteering at orphanages in Guatemala. CONTRIBUTED

Making a difference

Worlds away. Bedford resident Leceta Chisholm Guibault volunteers her time at orphanages

RICHARD WOODBURY
For Metro

Leceta Chisholm Guibault might best be described as a professional volunteer.

Since 2009, the Bedford resident has facilitated and led groups to Guatemala to volunteer at orphanages and bring aid and care to children.

Usually, Guibault facilitates two to three of these trips a year and has brought a total of about 350 people on these trips.

While Guibault first facilitated one of these trips

in 2009, her volunteer roots date back much longer. She first volunteered at an orphanage in Guatemala in 2000, but even before that she was providing pre- and post-adoption support for both provincial and national organizations here at home in Canada.

Guibault's roots to Guatemala can be traced back to 1991 when she and her husband adopted their daughter, Kahleah. Guibault and her husband, Jean, have three adopted children. Two are from Guatemala, while one is from Columbia.

So, why does Guibault de-

vote so much of her life to volunteering at orphanages in Guatemala? She says it's because the children don't belong to anybody and once you spend time with them, it touches your heart.

"That's why I go," she said.

Volunteers might find themselves doing any number of tasks at the orphanages, from building a basketball court to painting a wall, but the most important thing is providing attention to the orphans. This message was reinforced by Chus, one of Guibault's adopted children.

"He said to me one day, 'They (the volunteers) can come and bring us new toys and we can break them in a week, but if you come and spend time with us, we won't forget that,'" Guibault said.

The changing face of Bedford

When Tim Outhit was elected to city council five years ago, there was a recurring message he was hearing from his constituents.

"Everybody was sort of saying nothing had been built in Bedford for so many years," Outhit said.

He said the community was feeling neglected from a facilities and infrastructure standpoint. Fast forward to the present day and a lot has changed.

A new community centre will open in July. While it hasn't been formally named yet, for the moment, it is known as the Bedford Hammonds Plains Community Centre. It will feature space

for art and leisure programs, dance and exercise studio spaces and a child minding area. Going back a few years, Bedford's four-pad arena opened in 2010.

Another big change for Bedford involves its schools. Construction of a new high school (which is attached to the new community centre) will be completed this summer and will open in September. This school will replace C.P. Allen High School, but will still use the C.P. Allen moniker. The former C.P. Allen building will become the new junior high and will be named Rocky Lake Junior High. It will replace Bedford Junior High (BJH).

Outhit said he is now



Construction of the new C.P. Allen High School is underway.
RICHARD WOODBURY/FOR METRO

changing his attention to traffic and public transportation issues.

While the ideas of commuter rail and a fast ferry service have been floated, Outhit's preference is for commuter rail because the infrastructure is already in place and he thinks it would do a better job of alleviating traffic problems. With a fast ferry, he worries Bedford would become a place where everybody would have to gather to get on the ferry.

RICHARD WOODBURY

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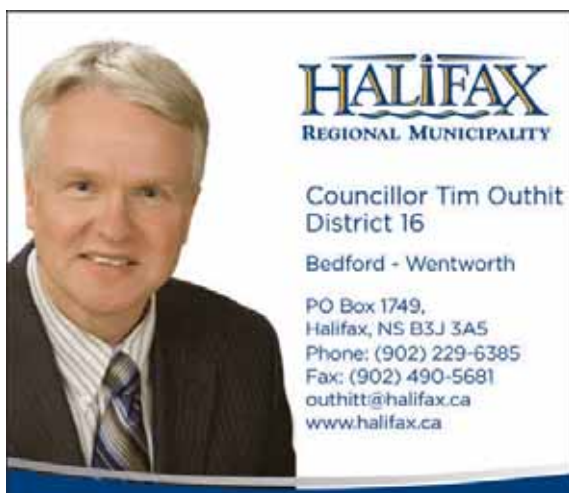
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YOUR NEIGHBOURHOOD: BEDFORD

metronews.ca
Monday, June 24, 2013

Community. Embracing nature

**RICHARD
WOODBURY**
For Metro

After three years of construction, the Parks of West Bedford is continuing to grow.

"It's been received exceptionally well," says Christina Baker, a sales and marketing associate with Clayton Developments Limited, one of the developers behind the planned community.

At present, 350 housing units are either complete or under construction and there are 300 families living in the community.

The plan is to eventually have a population of 18,000 people and for there to be 6,000 units. These units will be a mixture of different housing styles, such as single-family homes, townhouses and apartments.

In fact, the range of housing options is one of the benefits of the Parks of West Bedford, Baker said, because as people's housing needs change, they can move within the community, regardless of whether they are looking for a bigger home or are looking to downsize.



Three hundred families are now calling the Parks of West Bedford home. CONTRIBUTED

ing to downsize.

Measuring 1,300 acres, the Parks of West Bedford is located between Kearney Lake and Hammonds Plains roads.

Baker says one of the community's strongest selling points is how it embraces nature.

"We want people to embrace nature close to their home," she said.

For this reason, the community is designed to be very walkable and all streets are connected via a trail system.

"You can walk around the entire community without having to go back to somewhere you have already walked," Baker said.

As well, the trails all lead to a central park, the Tyler Sampson Park, which will be

open by the end of this summer. It will have a playing field and playground equipment.

The Parks of West Bedford is home to the West Bedford Business Park, which includes the soon-to-be-opened new C.P. Allen High School, Bedford Hammonds Plains Community Centre and an artificial turf field.

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DULUX BEDFORD FOCUSES ON DETAIL

Dulux Bedford stands out for one simple reason, according to owner Jack Hamilton.

"We work very hard to create a friendly, old-fashioned, one-on-one service environment," he says. "We like to sit down with every customer and carefully work out the details of their project."

That attention to detail is apparent the moment you walk in the door. Dulux Bedford is different, it's a family business, with Jack's wife Karen and their two daughters Tanya and Jennifer, and longtime employee Kenley, all an essential part of the team. And don't forget Meggie, the little black dog.

"We've got four ladies here who are all great with colour," Jack says. "If you bring in a piece of a countertop, a scrap of fabric or a paint chip, they can help you match it or complement it perfectly."



CONTRIBUTED

Need a painter? They can help you find one. In fact, most of Dulux Bedford's staff has been here since the company first opened its doors 12 years ago — a depth of experience that has a lot to do with the company's growing clientele, Jack says.

"We offer endless amounts of service and advice. We're the opposite of a big

box experience."

But experienced staff is just part of the equation. Dulux has the latest in computerized tinting equipment and colour scanners to match any paint colour.

"We can accurately mix the colours from any brand of paint. We've got the formulas for all the manufacturers. Some-

times we can match them better than the dealers of other brands."

Nova Scotia's severe weather demands can be a challenge for the best paint and stain systems. Helping customers through the intricacies of home exterior and deck protection has become a Dulux speciality.

"We pride ourselves in the fact that our deck products are able to withstand the atmospheric problems that Nova Scotia's climate hands out."

For touch-ups and follow-up projects, Dulux Bedford keeps all customer records on file for years.

"I'm comfortable in saying that we've got the best products for any level of job," Jack says. "When it comes to scrubability, washability, colour retention and climate resistance, our products are second to none. The key is matching the right product to the right situation and that's where our experience comes in. Whether you're painting a bathroom or completing a new home, we've got everything here to make sure the job is done right."

"Ask about joining our Dulux Club."

Duffy and MacAulay sign tryout contracts with Habs

Rookie camp. Local hockey products ready to make impression with Canadiens



ANDREW RANKIN
andrew.rankin@metronews.ca

Ben Duffy and Stephen MacAulay are getting a shot with the Montreal Canadiens.

MacAulay, a Cole Harbour native, and Duffy, of Lower Sackville, confirmed Sunday that they have been signed to tryout contracts with the Habs.

"I don't have all the details yet," said Duffy, who led the QMJHL in scoring last season with the P.E.I. Rocket. "It's really exciting; it's a great organization."

The week-long rookie camp starts on July 1. Duffy, an undrafted forward, recognizes the magnitude of the opportunity, but he's not putting too much pressure on himself.

"I'll just go there and do my best," said Duffy, who is expected to play for the New Brunswick Varsity Reds after exhausting his pro options. "Right now I'm working on getting stronger, improving my puck control and puck protection."

MacAulay, who was drafted by the St. Louis Blues but never signed, split his junior career with the Saint John Sea Dogs and the Halifax Mooseheads, capturing his second Memorial Cup and

Quoted



"You grow up watching this team, and to be given this opportunity ... I'm pretty happy."

Ben Duffy, of his tryout with the Montreal Canadiens.

third President Cup with the Halifax Mooseheads last year.

The 21-year-old forward attended training camp with the Hamilton Bulldogs, the Canadiens' AHL affiliate, last year but failed to crack a roster spot with the team.

This time around he says he'll arrive at camp with an open mind, confident that he's developed into a more complete player.

"I feel really good and I think I developed another dimension to my game," said MacAulay. "I have a good two-way game but I think I've shown that I can put the puck in the net too."

Canadiens assistant coach Gerard Gallant was MacAulay's head coach with the Sea Dogs and played a role in the team's decision to invite MacAulay to camp.

Ultimately, MacAulay would like to play in the NHL, but he's approaching the journey step by step.

"I know where I want to be next, and that's in the AHL and I think that's a realistic goal," he said.



Cole Harbour's Stephen MacAulay, shown here during a practice with the Halifax Mooseheads last season, is looking to make an impression with the Montreal Canadiens. JEFF HARPER/METRO

Harris defends 800M title at national championships



Geoff Harris races to the men's 800-metre title at the Canadian track and field championships in Moncton on Sunday. ANDREW VAUGHAN/THE CANADIAN PRESS

Geoff Harris found that extra gear he needed to defend his 800-metre title at the Canadian track and field championships on Sunday in Moncton, N.B.

The Halifax native and 2012 Olympian exploded exactly at the right moment to pull away from the crowd and win gold in a time of 1:47.75 on the last day of the four-day event.

"That was what I was training for; it was all about patience," said Harris. "So I waited it out and I didn't kick too soon. It wasn't my best time, but I came here wanting to

win and I accomplished that."

Fellow Olympian Jenna Martin of Bridgewater came up a tad short in her title defence on Saturday, capturing a silver in the 400-metre event. Adrienne Power of East Jeddore earned bronze.

Rachael McIntosh of Bridgewater earned silver in the women's heptathlon while Chelsea Whalen of Liverpool won silvers in the shot put and javelin.

Brett Myketyn of Dartmouth earned a silver in men's triple jump and Jackie Marciano of Halifax had standout performances in

the para sprint events, striking gold in the 400 metres, silver in the men's 100- and 200-metre events. Phil Poulin of Cole Harbour earned bronze in both the 100- and 200-metre para sprints.

Antigonish's Matthew Doherty earned a bronze in the hammer throw while Wolfville's David Bambrick won silver in men's para shot put and Ben Brown of Weston snagged bronze in 100- and 400-metre wheelchair sprint events. His teammate Pamela Le Jean won gold in the wheelchair javelin throw.

ANDREW RANKIN/METRO

4 SPORTS



Toronto's Edwin Encarnacion connects with a pitch from Baltimore's Pedro Strop in the seventh inning on Sunday in Toronto. Encarnacion went 3-for-5 with a home run, a double and three RBIs in the Jays' 13-5 win. CHRIS YOUNG/THE CANADIAN PRESS

Jays soaring after delayed takeoff

MLB. Toronto thumps Baltimore for its 11th straight win and third consecutive sweep

The Toronto Blue Jays didn't hang their heads when they struggled at the start of the season.

The mood remained upbeat despite regular losses. The players knew they had the potential to turn things around and fulfil the high expectations.

Toronto took another big step in its attempt to get into contention in the American League East by completing a three-game sweep of division

rival Baltimore with a 13-5 rout of the Orioles on Sunday. The Jays also tied a franchise high with their 11th straight win.

The streak has reinvigorated the team's fan base, the players are all smiles and the early-season woes seem like a distant memory.

"It was a battle early on, we all know that," said Jays manager John Gibbons. "We always figured it was just a matter of time before we started playing better. And (the slump) lasted longer than we expected but that's all behind us now."

Edwin Encarnacion and Colby Rasmus homered and veteran right-hander Josh Johnson worked into the seventh inning for his first win of the

Franchise record

The Blue Jays have won 11 in a row twice before: June 2-13, 1987, and Aug. 27-Sept. 7, 1998.

season. Jose Bautista put the game out of reach with a bases-clearing double in the seventh inning to the delight of the sellout crowd of 45,214 on a hot, sunny afternoon at Rogers Centre.

The Blue Jays (38-36) moved two games over the .500 mark and are now just five games behind first-place Boston. Encarnacion drove in four runs and had three of Toronto's 14 hits.

"I've been waiting for this since the season started," he said. "I believe in this team. I knew that things had to change, that things had to become good for us. So this is the way right now."

THE CANADIAN PRESS

Soaking it in

"We'll enjoy it, we'll enjoy the moment. I'm not surprised (by) this. I know this team is good and I know we can do it." Jays slugger Edwin Encarnacion

NBA

Rivers on way to Clippers, source says

Doc Rivers will be the next coach of the Los Angeles Clippers if the NBA approves the rare but not unprecedented trade of an active coach, a Celtics official said Sunday night. The deal would bring Boston a first-round pick in 2015, said the official, who spoke on the condition of anonymity because the deal couldn't be final until a trade call with the NBA office. **THE ASSOCIATED**

NHL playoffs. Top skaters hobbled with cup in reach



Chicago captain Jonathan Toews
GETTY IMAGES

Patrice Bergeron may or may not be available for the Boston Bruins in Game 6 of the Stanley Cup final, but Claude Julien is keeping that a secret. Jonathan Toews' status for the Chicago Blackhawks might be a little clearer.

Julien called Bergeron day-to-day with a "body" injury and added that his status was "really good news." Julien was short on details other than that. He said he did not know if Bergeron would skate on Monday.

Chicago coach Joel Quenneville said Toews was feeling much better after leaving Game 5 on Saturday night with an upper-body injury. Quenneville said the team was "optimistic" the 25-year-old captain would be able to play Monday night.

Bergeron left Game 5's 3-1 loss to the Blackhawks after skating just two shifts in the second period.

Toews took a hit to the head from Boston defenceman Johnny Boychuk and did not play in the third period.

Bergeron has nine goals and six assists in 21 playoff games, while Toews has two goals and 10 assists in 22 games.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	45	33	.577	—
Baltimore	42	34	.553	2
New York	41	34	.547	2½
Toronto	38	36	.514	5
Tampa Bay	39	37	.513	5

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	42	32	.568	—
Cleveland	38	36	.514	4
Kansas City	35	38	.479	6½
Minnesota	34	38	.472	7
Chicago	31	42	.425	10½

WEST DIVISION

	W	L	Pct	GB
Texas	43	32	.573	—½
Oakland	44	34	.564	—
Seattle	34	43	.442	9½
Los Angeles	33	43	.434	10
Houston	29	48	.377	14½

Sunday's results

Minnesota 5 Cleveland 3
Toronto 13 Baltimore 5
Detroit 7 Boston 5
Tampa Bay 3 N.Y. Yankees 1
Kansas City 7 Chicago White Sox 6
Pittsburgh 10 L.A. Angels 9 (10 inn.)
Seattle 6 Oakland 3 (10 inn.)

Saturday's results

N.Y. Yankees 7 Tampa Bay 5
Toronto 4 Baltimore 2
Chicago White Sox 3 Kansas City 2
Detroit 10 Boston 3
Cleveland 8 Minnesota 7
Pittsburgh 6 L.A. Angels 1
Seattle 7 Oakland 5

Monday's games — All times Eastern

Cleveland (Jimenez 5-4) at Baltimore (Britton 1-1), 7:05 p.m.
Toronto (Rogers 3-2) at Tampa Bay (Hellickson 5-3), 7:10 p.m.
Tuesday's games
Cleveland at Baltimore, 7:05 p.m.
Texas at N.Y. Yankees, 7:05 p.m.
L.A. Angels at Detroit, 7:05 p.m.
Colorado at Boston, 7:10 p.m.
Toronto at Tampa Bay, 7:10 p.m.
N.Y. Mets at Chicago White Sox, 8:10 p.m.
St. Louis at Houston, 8:10 p.m.
Atlanta at Kansas City, 8:10 p.m.
Cincinnati at Oakland, 10:05 p.m.
Pittsburgh at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	44	33	.571	—
Washington	37	38	.493	6
Philadelphia	36	40	.474	7½
New York	30	42	.417	11½
Miami	25	50	.333	18

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	47	28	.627	—
Pittsburgh	46	30	.605	1½
Cincinnati	45	32	.584	3
Chicago	31	43	.419	15½
Milwaukee	31	43	.419	15½

WEST DIVISION

	W	L	Pct	GB
Arizona	41	34	.547	—
San Francisco	38	37	.507	3
Colorado	39	38	.506	3
San Diego	38	38	.500	3½
Los Angeles	32	42	.432	8½

Sunday's results

Colorado 7 Washington 6
N.Y. Mets 8 Philadelphia 0
Atlanta 7 Milwaukee 4
Chicago Cubs 14 Houston 6
Miami 7 San Francisco 2
Cincinnati 4 Arizona 2
L.A. Dodgers 3 San Diego 1

Texas at St. Louis

Saturday's results

Colorado 7 Washington 1
Houston 4 Chicago Cubs 3
San Francisco 2 Miami 1 (11 inn.)
Philadelphia 8 N.Y. Mets 7
Milwaukee 2 Atlanta 0
Texas 4 St. Louis 2
Arizona 4 Cincinnati 3
L.A. Dodgers 6 San Diego 1

Monday's games — All times Eastern

Philadelphia (Lee 9-2) at San Diego (Stults 6-5), 10:10 p.m.
San Francisco (Bumgarner 7-4) at L.A. Dodgers (Ryu 6-3), 10:10 p.m.
Tuesday's games
Arizona at Washington, 7:05 p.m.
Minnesota at Miami, 7:10 p.m.
Chicago Cubs at Milwaukee, 8:10 p.m.
Philadelphia at San Diego, 10:10 p.m.
San Francisco at L.A. Dodgers, 10:10 p.m.

NHL

Leafs look to La-La Land for net help

The Toronto Maple Leafs looked to end their goal-tending questions Sunday by trading for goalie Jonathan Bernier.

Bernier, stuck behind Jonathan Quick with the Los Angeles Kings, wanted to play more. The Leafs, according to GM Dave Nonis, were interested in upgrades at any position.

"I think it's incumbent upon every team to look at what's available and if there is an ability to improve your look to do it," Nonis said last week after the GM's meetings in Boston.

Toronto gave up forward Matt Frattin, backup goaltender Ben Scrivens and a second-round pick in either the 2014 or 2015 NHL Entry Draft. **THE CANADIAN PRESS**



Jonathan Bernier GETTY IMAGES

NHL PLAYOFFS

STANLEY CUP FINAL

(Best-of-7 series; All times Eastern)

CHICAGO (1) VS. BOSTON (4)

(Chicago leads series 3-2)

Saturday's result

Chicago 3 Boston 1

Wednesday's result

Chicago 6 Boston 5 (OT)

Monday's game

Chicago at Boston, 8 p.m.

Wednesday's game

x-Boston at Chicago, 8 p.m.

x — played only if necessary

SCORING LEADERS

	G	A	Pts
Krejci, Bos	9	16	25
Kane, Chi	9	10	19
Horton, Bos	7	12	19

CFL

PRE-SEASON

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Hamilton	2	2	0	0	85	26	4
Toronto	2	2	0	0	48	26	4
Montreal	2	0	2	0	46	57	0
Winnipeg	2	0	2	0	6	76	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	2	1	1	0	54	48	2
Calgary	2	1	1	0	51	52	2
Edmonton	2	1	1	0	51	52	2
B.C.	2	1	1	0	51	54	2

Friday's result

Edmonton 27 British Columbia 22

Thursday's results

Hamilton 52 Winnipeg 0

Toronto 24 Montreal 20

Calgary 24 Saskatchewan 23

REGULAR SEASON

WEEK 1

Thursday's game — All Times Eastern

Montreal at Winnipeg, 10 p.m.

Friday's games

Hamilton at Toronto, 8 p.m.

B.C. at Calgary, 11 p.m.

Saturday's game

Saskatchewan at Edmonton, 4:30 p.m.

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Horoscopes

Aries

March 21 - April 20

By all means take advice from your friends but don't let anyone dissuade you from following your chosen course of action. If in doubt, listen to your inner voice.

Taurus

April 21 - May 21

Try not to give in to feelings of self-pity today or it may color your entire week — in shades of dismal gray! You may be under pressure at the moment but you are tough enough to take it.

Gemini

May 22 - June 21

Someone you think of as a friend is planning to get rich at your expense, so err on the side of caution in all partnership matters. Just because they were honest yesterday does not mean they will be honest today.

Cancer

June 22 - July 23

It is too late to change the outcome of a long-running drama. All you can do is let fate take its course and trust that it will all work out fine in the end.

Leo

July 24 - Aug. 23

If you want a peaceful life over the next few days you are advised to keep your opinions to yourself. That applies both to what you think about the state of the world and to other people's private affairs.

Virgo

Aug. 24 - Sept. 23

You will have to make a few sacrifices this week, but it's really no big deal. In fact you will rather enjoy putting yourself out for other people's benefit.

Libra

Sept. 24 - Oct. 23

There are so many changes going on at the moment that it may be a bit bewildering. In time, of course, everything will become clear but for now you are advised not worry about the future.

Scorpio

Oct. 24 - Nov. 22

Are you thinking for yourself or are you following a fad just because everyone else is? It may be the latter and that is something you need to watch. There is no such thing as a "correct" opinion.

Sagittarius

Nov. 23 - Dec. 21

You may be thinking of giving up on something that is not working out for you. Don't! Everything will change over the next few days and it's quite likely you will begin to make progress.

Capricorn

Dec. 22 - Jan. 20

Other people may be telling you that you need to make changes but your solar chart says they are wrong. You are on the path you are supposed to be on.

Aquarius

Jan. 21 - Feb. 19

If your inner voice tells you to be careful you must listen to it. Cosmic activity in some of the more sensitive areas of your chart warns you are up against serious forces.

Pisces

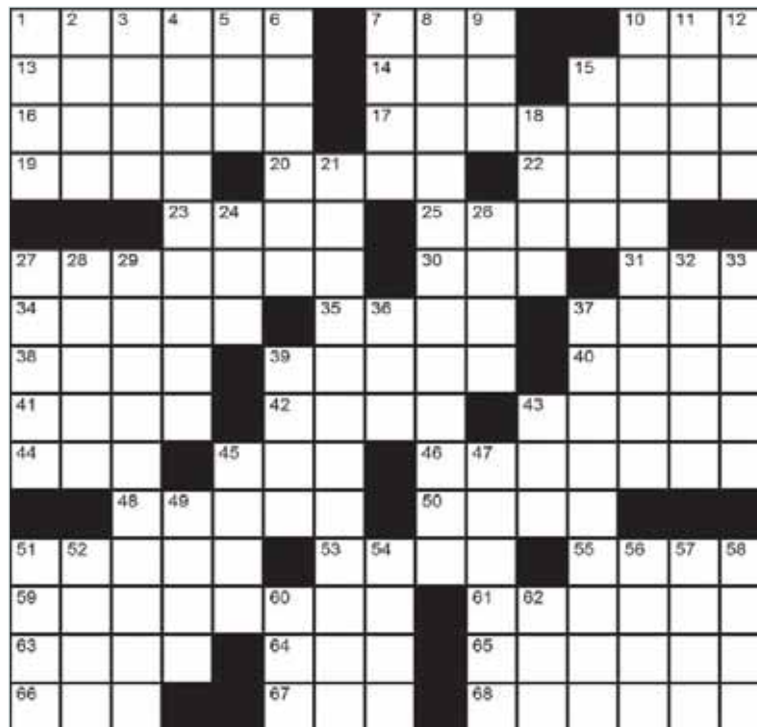
Feb. 20 - March 20

You are on the right track, of that there is no doubt. So why the persistent feeling that something is about to go wrong? Whatever the reason you've got to get past it. Great things await you. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. The Ikea parking lot monkey
7. Belonging to Vancouver's prov.
10. "Casablanca" (1942) setting [abbr.]
13. Enthusiastic response to "Who wants ice cream?": 4 wds.
14. Baby ___ (A.A. Milne character)
15. Largest union in the country [acronym]
16. Formed groups, ___ up
17. NWT's ___ Gulf (Named after Norwegian explorer Roald)
19. Alice's portrayal on "The Brady Bunch", ___ Davis
20. Goblet part
22. Skirt style
23. Diet ads word
25. Spherical
27. Select a politician: 2 wds.
30. Greek alphabet letters
31. Car fuel
34. Opinionated newspaper columnists
35. "Dirty Jobs" host, Mike ___
37. Mr. Walesa (Former leader of Poland)
38. De ___, Robert
39. Bobby___ (1940s teen)
40. Opposing
41. "Rats!" ...less swearing-sounding



42. "___ Little Tender-ness" by Otis Redding
43. Computers: ___-___
44. Actress Ms. Irving
45. Not in, Bob & Doug style
46. Attorneys
48. Mr. Hill of movies
50. Heartburn relief brand

51. ___ rate
53. Industrial region of Germany
55. 'Noon' in Montreal
59. Shawnee chief (b.1768 - d.1813)
61. Detestable
63. Some trees
64. Universal ideal
65. Decayed

66. Married title
 67. Ordinal suffix
 68. Stunned
- Down**
1. Ms. Von Teese, Burlesque star
 2. Port of Yemen
 3. Horse hue
 4. England's tennis championships

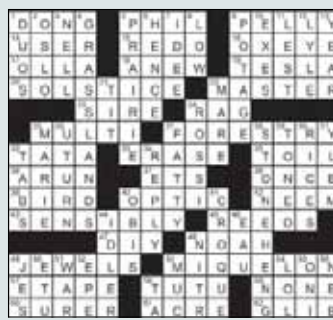
5. Chemical suffix
6. Says 'hello over there' non-verbally: 2 wds.
7. Highlands hillside
8. Edmonton Eskimos home, ___ Stadium
9. Old French coin
10. Disco, for one: 2 wds.

11. Frank
12. Actor Mr. Auber-jonois
15. Caesar's 451
18. Catches
21. Reason a CF-18 might be dispatched: 2 wds.
24. Suppositions
26. Repenter
27. Small town in Saskatchewan near Saskatoon
28. Poppy product
29. Winnipeg-born singer of "Seasons in the Sun": 2 wds.
32. Thespian
33. Construction wedges
36. ___ Power Degreaser (Palmolive dishwashing liquid)
37. Pamela Anderson's birthplace in British Columbia
39. Ancient colonnade
43. Uniquely-spelled mountain basin
45. Suffix meaning 'word'
47. Town in Ontario's York Region
49. Encumbrance
51. Speck
52. Sad droplet
54. "Here comes trouble!": 2 wds.
56. 9th Greek letter
57. Union payments
58. Not is
60. Toronto thoroughfare, Queen ___
62. Arfer!

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Friday's Crossword

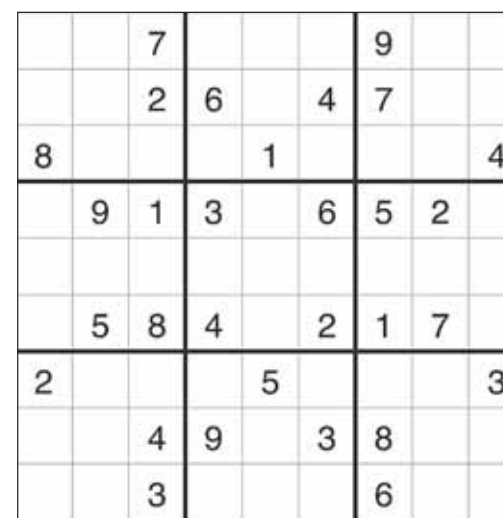


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

27°/19°

Thundershowers

40%

Tuesday

28°/16°

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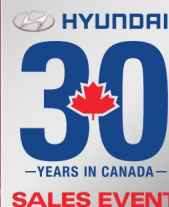
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